

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

EAP NOTES



SETTING SMART NEW YEAR'S RESOLUTIONS



10...9...8...7...6...5...4...3...2...1...HAPPY NEW YEAR! As the ball in Times Square drops and the fireworks explode, we reflect on the year gone by and celebrate the beginning of a new year. A time-honored tradition of the New Year is to make resolutions, goals we set that serve as roadmaps of where we want to be both in our personal and professional lives. But how many of you are chuckling to yourselves right now, thinking "You mean the resolutions that are often broken as quickly as they're made?" Many of us have the best intentions to follow through on our resolutions, but intentions alone will not be enough for us to accomplish our goals. Here are some S.M.A.R.T. tips to help you be more successful in achieving your New Year's resolutions.

Specific

You have to be able to envision your goal before you can achieve it. For example, "I resolve to exercise more" is too vague. However, "I resolve to ride my bike 30 minutes a day, 4 days a week" is much more specific and therefore achievable. Identify why this goal is important to you. The more details you envision, the more likely you will embrace your goal.

Measurable

How will you measure your success? With clearly defined objectives, you will know when you have accomplished your goal. For example, if your goal is to quit smoking and your plan is to reduce the number of cigarettes you smoke by half every week, then you have a measurable success indicator.

Actionable

What specific steps are you going to take to accomplish your goal? Start by picturing the end (your specific goal) and then begin at the beginning. Ask yourself "In order for me to achieve this goal, what will I have to do?" Write the steps down; you'll be more committed.

Realistic

Don't be afraid to set your sights high, but then break down your goal into smaller, attainable goals. Instead of saying "I'm going to lose 25 pounds" try saying "I'm going to lose 2 pounds a month" or "1/2 pound a week."

Timebound

Set realistic deadlines. Without deadlines, we often procrastinate. A timeline helps guide us to the end result.

If you would like more ideas of how to set and achieve your New Year's resolutions, please feel free to call your Best Care EAP at (402) 354-8000 or 800-666-8606.

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